



English Muffins With Bacon Butter

READY IN



15 min.

SERVINGS



4

CALORIES



343 kcal

Ingredients

- 0.5 cup butter softened
- 4 pieces bacon crumbled cooked
- 0.8 teaspoon dijon mustard
- 4 muffins split english

Equipment

Nutrition Facts

 PROTEIN 5.81%  FAT 63.7%  CARBS 30.49%

Properties

Glycemic Index:39.25, Glycemic Load:18.52, Inflammation Score:-4, Nutrition Score:4.2139130434783%

Nutrients (% of daily need)

Calories: 342.65kcal (17.13%), Fat: 24.42g (37.57%), Saturated Fat: 14.85g (92.84%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 24.72g (8.99%), Sugar: 0.03g (0.03%), Cholesterol: 62mg (20.67%), Sodium: 474.04mg (20.61%), Protein: 5.01g (10.02%), Vitamin A: 710.13IU (14.2%), Manganese: 0.21mg (10.38%), Phosphorus: 87.51mg (8.75%), Vitamin B1: 0.11mg (7.46%), Fiber: 1.58g (6.32%), Vitamin B2: 0.1mg (5.9%), Folate: 22.01µg (5.5%), Vitamin B3: 1.01mg (5.07%), Vitamin E: 0.67mg (4.44%), Copper: 0.08mg (3.76%), Calcium: 37.15mg (3.72%), Magnesium: 13.3mg (3.32%), Zinc: 0.46mg (3.07%), Vitamin B5: 0.3mg (2.99%), Iron: 0.54mg (2.99%), Potassium: 87.88mg (2.51%), Vitamin K: 2µg (1.91%), Selenium: 1.11µg (1.59%), Vitamin B6: 0.03mg (1.57%), Vitamin B12: 0.08µg (1.37%)